Want to see the Jets in action?
Winnipeg Transit has plenty of great seats to the game!
Winnipeg
winnipegtransit.com or call 311

BAD BABYSITTER
BAR FIGHTS, EXPLOSIONS AND DRUGS
{page 7}

CREDIT AMNESTY 2011
Guaranteed Credit Approvals
No Matter what your Credit Score or History
EVERYONE APPROVED!
With our patented finance program, purchasing your vehicle is hassle free. Most people have credit issues! At Ride Time... "THAT'S WATER UNDER THE BRIDGE!" No co-signer required.
CanadaWIDE Vehicle Finance Ltd.
CALL THE AMNESTY HOTLINE
204-272-6161 • 1400 Regent Ave. West
204-272-6064 • 715 Pembina Hwy.
www.ridetime.ca

WINNIPEG metro®
Tuesday, December 6, 2011
www.metronews.ca
News worth sharing.

Drummer Boy version by 'Pegger goes viral

- Video nears 200,000 hits by late yesterday
- Musician already has 500 followers on Twitter since signing up three days ago

Oak Park High School student Sean Quigley had no idea when he uploaded his version of The Little Drummer Boy it would upend his life.

"It's exciting!" said Sean, 16. "(My peers) are super excited about it and they think it's awesome."

A few days later, his video, featuring an upbeat version of the Christmas classic, has gone viral and media are clamouring to learn more about the teen behind the video.

He said he chose The Little Drummer Boy because he related to it — the story of a boy who has nothing to give Christ but a song.

"It relates to my life and (the song) has a positive influence on people," said Sean, a drummer since the age of five.

In the video, Sean is seen playing the drum in a dreamy, snow-covered forest and around Winnipeg's major landmarks such as the Provencher Bridge.

Originally, the video was supposed to be filmed in front of a Christmas tree, but poor lighting made it difficult.

"God answered my prayer. I got up the next day and that one day was just beautiful. I took that as a 'go outside and film that,' and I did," said Sean.

Other than sharing filming duties with his sister, he directed and edited the video in his basement studio. He also sang and played all the instruments on the track.

▶ Video screengrab

The song will be sold on ITunes for 99 cents, with proceeds going to charity.

"It's not about me. I did this for people. I did it because that's what I believe in."

The youth group leader hopes to combine his faith and his love of music into a possible career. He's already working on original material.

"I have tons (of music) in the works. I never got to share them with anyone."

SVJETLANA MLINAREVIC

to watch Sean Quigley's YouTube video of his The Little Drummer Boy cover.

▶ Sean Quigley's version of The Little Drummer Boy is a YouTube hit.

Local crime

Homicide count growing

- Woman, 19, is city's 37th murder victim
- Police release name of 33-year-old man killed Saturday {page 3}

Nosy snakes

Performance artist's slithery business {page 6}

When push comes to shovel

Keep your heart healthy {page 9}

Will Jets win streak be Bruined?

Jets may be hot at home but Stanley Cup champ Bruins have burned up opposition {page 13}

Your one stop holiday shop

30% off HARDCOVERS*

In-store. Ends Sunday.

Indigo

Enrich your life™

Indigo Chapters Coles indigo.ca

*Valid in-store on in stock hardcovers until December 11th, 2011. Not valid on kiosk orders. Does not apply towards the purchase of mini books or Love of Reading Fundraising book-related products. Not valid in conjunction with any other discount (including the everyday irewards discount). Offer is subject to change or end at any time without notice. ™Enrich your life, Indigo, Chapters, and Coles are trademarks of Indigo Books & Music Inc.

Victim named in city's 36th homicide

- No arrests have been made
- Exact cause of death not released

ELISHA DACEY
@METRONEWS.CA

Winnipeg police have identified the victim in the city's 36th homicide.

Sheldon Kostenko, 33, died on Saturday morning as a result of "extensive" upper body injuries, said Winnipeg Police Services Const. Rob Carver.

There have been no arrests, although people are being questioned, said Const. Carver.

Const. Carver said little information could be released since the investigation is ongoing.

"Sometimes information that looks innocuous at the time we release (it) may turn out to be critical ... Investigators don't want to jeopardize any aspect of the investigation."

The homicide unit continues to investigate. They were still on the scene yesterday morning.

An autopsy was also conducted yesterday. No results have been released.

The apartment building, located at 270 Morley Ave., is at the corner of Morley Avenue and Osborne Street. It housed apartments and a couple of storefronts. It has been vacant since a fire about three years ago and appeared to be under renovation, as the windows were new and construction material could be seen.

Kostenko's family issued a statement yesterday asking for privacy.

Sex assault suspect turns himself in

A man wanted by police for a "serious sexual assault" is now in custody.

Kevin Justin Hunter, 28, turned himself in to police over the weekend after police released information about him on Friday.

He is accused of being involved in a sexual assault that took place on Nov. 24. METRO

Douse. Flames

▶ The detached garage, located at 805 Campbell St., went up in flames around 8:30 a.m. yesterday. No were no injuries.

SVJETLANA MLINAREVIC/FOR METRO

Car, SUV ablaze in garage fire

Yesterday morning's fire caused extensive damage to the garage, as well as the car and SUV inside. There was no immediate word on a damage estimate. Investigators are still trying to determine a cause.

Winnipeg woman dead in latest homicide case

Winnipeg police are investigating the city's 37th homicide.

Police said Dominique McCann, 19, was found on Selkirk Avenue Friday around 4 a.m. with severe upper body injuries. She was rushed to hospital in critical condition but later died.

Police are hoping people will come forward with details on the young woman's whereabouts from Wednesday, Nov. 30 through until the day she was found.

She is described as wearing a black waist-length parka with a fur collar, blue jeans, black runners, a black and yellow horizontal striped sweater. She had streaked her brown hair a lighter colour when she was last seen.

HANDOUT

▶ Dominique McCann

Anyone with information is asked to call 986-6508.

ELISHA DACEY

1 news

A pharmaceutical company says its new sleep drug will keep you dozing but that you might also drive or make phone calls while under the drug's influence. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

A dismal week on the markets was followed by a banner week. Allan Small has some theories as to what's behind the volatility. More at metronews.ca/investing

WinYourGifts.ca
Every day, from every Winners and HomeSense store, one lucky shopper could win back the value of their holiday purchase*. December 1 to 24.
WINNERS
HOMESENSE
*(c) 2011 Winners. No Purchase Necessary. Dec 1/11- Dec 24/11. Internet access required. 6,504 prizes available to be won at the start of the contest (1 prize per store per day). Prize is cash or gift card in the amount of winning purchase from Winners/HomeSense ($500 max). Odds depend on number of entries received per store per day. Skill test required. For Official Contest Rules (including no purchase information) see www.winyourgifts.ca

Kyoto commitment

Ottawa to spend $1.2B to help poor countries with their climate-change efforts U.S., one of the world's biggest polluters, hasn't ratified deal

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

▶ An activist wears a mask depicting the face of Prime Minister Stephen Harper at a protest in Durban, South Africa, yesterday.

Canada will not renew its commitment to the Kyoto Protocol, despite a tempting climate-change offer from China, Environment Minister Peter Kent said yesterday.

Kent said Canada will not sign on for a second Kyoto phase, even if doing so meant top polluter China would agree to targets to cut its own greenhouse gases. China has long refused to adopt binding treaty commitments to lower its greenhouse-gas emissions. But this weekend, China's top negotiator signalled that Beijing would consider a target if the European Union and developed nations — including Canada — first agreed to extend their Kyoto commitments.

China's olive branch did not sway Kent. When asked if the offer might get Canada to reconsider signing on for a second phase of Kyoto after it expires next year, the minister simply said no.

He said Canada's "fixation" is on sealing a deal made two years ago at a United Nations climate-change conference in the Danish capital of Copenhagen.

"Canada has made clear this year that Canada will not make a commitment to a second Kyoto period," Kent said.

The NDP's environment critic, MP Megan Leslie, said China's move puts Canada in a tough spot.

"The argument that China isn't doing anything, well, that's gone," she said.

"I'm left to ask, 'What is Canada's excuse now?'"

Jean Chretien's Liberal government joined Kyoto in 1998 but took little action to meet Canada's targets to reduce greenhouse-gas emissions.

The Conservatives also ignored Kyoto after they came to power in 2006. Canada has since set its own target of cutting emissions by 17 per cent from 2005 levels by 2020 — the same goal set by the Obama administration in Washington. THE CANADIAN PRESS

Condemnation

- Environmentalists have strongly condemned Canada for its position on climate change and its approach to dealing with greenhouse gas emissions.
- "Our loss of credibility on these issues didn't happen overnight," Queen's University biology professor John Smol said in a statement.
- "It's partly the result of ongoing neglect of environmental science at the federal level, but it also stems from a long history of broken promises, both to Canadians and to our global peers."

Witness recalls cat's screaming

JENNIFER TAPLIN IN HALIFAX

A cat was allegedly beaten to death in Halifax during an alcohol-fuelled rage over the weekend. And it's the sound of a wailing cat that neighbour Andrew Denton still can't get out of his head days later.

Denton and his girlfriend were in his apartment on Saturday night when he said they heard a thumping on the wall.

"It sounded like screaming and we moved in closer (to the wall) and it sounded like a cat," said Denton, who has two cats of his own.

A man lives next door and his girlfriend had recently moved in with her cat, Denton said.

RYAN TAPLIN/METRO HALIFAX

"I'll never forget the sound the cat made."
ANDREW DENTON, WITNESS

The superintendent got the man, who appeared drunk, to open his door. Denton said the cat was found under a bag in a bloody closet.

RCMP officers arrived and found the dead cat. They arrested a 48-year-old intoxicated man and later released him.

KINGSTON DEATHS

Expert testifies on honour killings

So-called honour killings stem from a loss of male control over women's bodies, and bloodshed is seen as a way to purify dishonour, an expert testified yesterday as the Crown wrapped up its case against a family accused of four such killings.

In some cultures, particularly in the Middle East, honour is valued more than life, and can often accompany declarations of love for the victims from the perpetrator, Shahrzad Mojab told court.

Mojab was the last witness to testify for the prosecution in the trial of a Montreal couple accused, along with their adult son, of killing their three daughters and the first wife in the family's polygamous marriage. THE CANADIAN PRESS

Group of 12 claims the $21M jackpot

A group of 12 people from Central Ontario have contacted lottery officials to say they plan to claim a $21-million Lotto Max jackpot.

OLG says the prize is from the Nov. 25 draw.

Spokesman Tony Bitonti says a member of the group told lottery officials there were about 12 winners, but did not say when they would claim the prize.

Radio station CIQB reports they all work at the Waypoint Centre for Mental Health Care in Penetanguishene. THE CANADIAN PRESS

More of us giving more to charity

Canadian taxfilers reported making charitable donations of just under $8.3 billion in 2010.

That's a 6.5 per cent increase over 2009.

Statistics Canada reports the number of donors also increased — 2.2 per cent to just over 5.7 million.

Data are based on income-tax returns filed for 2010.

The agency says 23.4 per cent of all taxfilers claimed charitable donations on their tax return, in line with previous years. THE CANADIAN PRESS

BILL GRAVELAND/THE CANADIAN PRESS

▶ Rabbits facing death.

Bunnies may get reprieve

A white knight has hopped into the fray to rescue bunnies facing the death penalty in Canmore, Alta.

The town has made international headlines for its plan to trap and gas its out-of-control feral rabbit population.

Animal Rescue Corps (ARC), a non-profit animal protection organization based in Washington, D.C., wants to capture, sterilize and relocate the rabbits. THE CANADIAN PRESS

2,000

According to Canmore officials, the population has hit the 2,000 mark — one rabbit for every six people in the town of 12,000.

Income inequality rising: Report

Economic growth doesn't trickle down to the poorest, OECD finds

Governments need to do more to address a growing gap between rich and poor in Canada and around the world by fostering more and better jobs and even considering raising taxes, a global economic think-tank says in a new report.

Among its findings, the Organization for Economic Co-operation and Development reported that the average income of the top 10 per cent of Canadian earners in 2008 was $103,500 — 10 times that of the bottom 10 per cent at $10,260.

The ratio for Canada in the early 1990s was about eight to one.

While the OECD study reaches only to 2008 — just as the recession kicked in around the globe — that kind of income inequality has been at the heart of the Occupy Wall Street protests across the U.S. and Canada.

The report found the gap between rich and poor in its member countries had reached the highest level in more than 30 years in 2008, with the average income of the richest 10 per cent now about nine times that of the poorest 10 per cent.

THE CANADIAN PRESS

Canada's record

- **Finance Minister Jim Flaherty defended the government's record on job creation.** "The OECD and the IMF say that Canada's economic growth, job creation will be the best going forward. That's how you address inequality," he told Parliament.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Finance Minister Jim Flaherty speaks during Question Period in the House of Commons in Ottawa yesterday.

[illegible]

TATAN SYUFLANA/THE ASSOCIATED PRESS

▶ Blackberry shoppers line up in Jakarta last Friday.

The head of Research In Motion's operations in Indonesia could face charges related to a stampede at a recent promotional sale where dozens of consumers were injured, another incident that could tarnish RIM's brand.

Canadian Andrew Cobham was among four suspects who is facing possible charges of negligence leading to injury, Jakarta police spokesman Col. Baharudin Djafar said yesterday.

The crime carries a maximum penalty of nine months in prison.

Dozens were injured and several people fainted at the Nov. 25 debut of RIM's BlackBerry Bold 9790 in Jakarta.

There were reports that 5,000 people attended, drawn by a 50 per cent discount to the first 1,000 shoppers.

Research In Motion said it sincerely regrets that some customers were injured and others experienced frustration and upset.

"RIM is actively co-operating with the authorities who are investigating this incident," RIM said in a statement.

THE CANADIAN PRESS

Canadian airline traffic up in November

Three of Canada's largest airlines reported strong passenger traffic in November.

Air Canada says system traffic was up 3.0 per cent from November 2010, led by increases in its domestic markets and transborder flights to the United States.

WestJet reported its revenue passenger miles, or traffic, increased 4.4 per cent year over year.

Meanwhile, WestJet's load factor — or proportion of seats filled — held steady at 77.6 per cent in November.

Air Canada, which is the country's largest airline, said its system load factor was 75.9 per cent, up from 74.8 per cent in November 2010.

Porter Airlines reported record November load factor of 65.9 per cent, 11.9 points higher than the previous year.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 44.24 (12,119.33)	+ 0.15¢ (98.35¢ US)

Oil	Natural gas
+ 3¢ US ($100.99 US)	$3.46 US (- 12.3¢)

Gold $1,734.50 US (- $16.80 US)

NATHAN DETROIT'S
Sandwich Pad
Homestyle Breakfasts
Omelettes • wraps • french toast • denvers & more!
Richardson Centre Concourse
(204) 943-1034
• Homemade Soup • Breakfast served until 2pm •
• Overstuffed sandwiches • Crisp fresh salads •

A CONSUMMATE DATER'S HOLIDAY GIFT GUIDE

SHE SAYS ...

JESSICA NAPIER
METRO

We all know the holidays aren't really about the gifts; they're about togetherness and a little bit of gluttony. But, even though presents aren't mandatory, you still might want to indulge that special someone in your life. However, the last thing you want is to appear cheap or inappropriately extravagant in front of a new (or new-ish) beau.

And, sure, it really is the thought that counts — but you certainly don't want your new mate thinking, "Oh, you got me a new watch? Gee, I didn't think we were there yet."

Whether you're just getting to know each other, happily dating or settling down, the different stages in a relationship warrant various types of festive indulgences. If you're not sure on the proper present etiquette for your particular dating scenario, here are some appropriate gift ideas that will ensure your budding relationship lasts into the new year.

Just met: Dating for less than a month

You've been on a couple of dates and, hey, maybe this is going somewhere, but you're still not all that sure. You haven't even had "the talk" and now you're pressured into an awkward gift-giving situation. Don't panic. Avoid going over the top and stick with small tokens, edibles or the ultimate icebreaker — alcohol.

"... chances are you've been through enough gift-giving events to know how to make each other happy. Just remember: despite your good intentions there's really nothing romantic about home appliances."

Brand new beaus: One to four months

Ah, yes, new-relationship bliss; you're getting to know one another but haven't yet figured out each other's flaws. In the honeymoon phase, you'll be tempted to go all out on a gift, but it's probably still too soon to spoil your partner with something lavish. Show your new sweetheart you're smitten (without breaking the bank) with a sexy new scent or tickets to a show or sporting event.

Getting serious: Four months to a year

Now that you're settling down, you'll want to start making some memories together. Skip the tangible gifts and take your relationship on the road for a much-needed romantic getaway after all the meet-the-parents holiday stress.

Committed coupledom: A year or more

OK, now you can give in to your urges on those big-ticket items without feeling like maybe it's a bit too much. Go ahead and splurge on jewelry, electronics and other unrestrained gifts that say, "We're in a committed relationship."

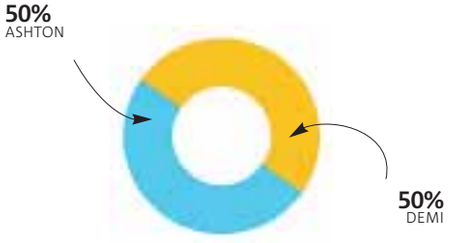
In it for the long haul: Married

You don't need any help here — chances are you've been through enough gift-giving events to know how to make each other happy. Just remember: despite your good intentions there's really nothing romantic about home appliances.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel
Register at metropolitanpanel.ca and take the quick poll

Who's the more eligible bachelor(ette), Ashton or Demi?



Local tweets

- **@reverend_devin:** Just saw a guy pay his bus fare in pennies #notkidding #exactchange #onegreatcity @metrowinnipeg
- **@micahgoldberg:** 37 homicides in #Winnipeg this year. Something tells me 2011 is our Mark McGuire year and that Barry Bonds is about to destroy our 2012.
- **@Pascucci015:** Winnipeg Jets Tanner Glass has learned the hard way. He just tweeted that he washed his truck today and now his doors are frozen shut.
- **@Hawkalicious:** For all the hockey TV commenters that comment on Winnipeg weather, Edmonton is colder, and have been in the league for a while. Dumbasses.
- **@gfairholm33:** for those of you who exagerate winter in Canada. Forecast for Winnipeg -2C (about 30F) with variable cloudiness.
- **@MikeJenkinson:** Winnipeg Jets only 3 points behind the Oilers in the league standings! GO JETS GO!
- **@Pabon_ :** Some douchebag dissing Red Lobster right to the waitress' face. "It's the McDonalds of seafood restaurants." #Chillout

QUIRKY CHINA NEWS/REX FEATURES

Daily Zoom

He has a nose for snakes

Serpents invade man's orifices

NANNING, CHINA. This performance artist has certainly poked his nose into some slithery business. Liu Fei threads two snakes from both nostrils and out of his mouth at Nanning Zoo in Guangxi province, south China.

DLUOGS/FLICKR

Another artist, Liu Xin, performed a headstand on top of a nail.

METRO WORLD NEWS

Snakeman Liu

- **Adept at handling snakes.** Liu Fei, 40, is nicknamed Snake King Asia.
- **Several snakes at once.** He can handle up to three three-foot-long cauliflower snakes.
- **During a TV show** Liu managed to let a foot-long snake crawl through his nose and mouth.

9

Nine snakes in a human mouth is the Guinness World Record. It was set in Texas in 2003 by Jackie Biddy. He gathered the bunch of snakes by their rattles and put the tails into his mouth and held still for 10 seconds.

metro
METRO WINNIPEG • 161 Portage Ave E • Suite 200 • Winnipeg MB • R3B 2L6 • T: 204-943-9300 • Fax: 888-846-0894 • Advertising: 204-890-8397 • adinfowinnipeg@metronews.ca • Distribution: winnipeg_distribution@metronews.ca • **Vice-President and Group Publisher, Metro Western Canada** Steve Shrout, **Managing Editor** Elisha Dacey, **Sales Manager** Dave Kruse, **Distribution Manager** Rod Chivers • **METRO CANADA: President and Publisher** Bill McDonald, **Vice-President, Sales** Quin Millar, **Vice-President, Business Ventures** Tracy Day, **Vice-President, Marketing & Interactive** Jodi Brown, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News & Business** Amber Shortt, **Managing Editor, Life & Entertainment** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News & Business** Kristen Thompson, **Art Director** Laila Hakim, **National Sales Director** Peter Bartrem, **Director, Marketing & Research** Robyn Payne

A real, honest comedy

The Sitter director David Gordon Green talks about working with Jonah Hill on his latest comedy Says that Hill doesn't hold back what he's feeling and that makes for great laughs

STEVE GOW
SCENE@METRONEWS.CA

▶ In The Sitter, Jonah Hill plays a terrible babysitter who takes his charges out on a night filled with drugs, bar fights and exploding toilets.

Jonah Hill is an unlikely star. After rising to fame in Superbad and co-starring alongside Brad Pitt in the acclaimed drama Moneyball, the private actor is now taking charge in his own comedy The Sitter.

"What I love about him is he's real," said director David Gordon Green recently from Austin, Texas. "He doesn't hide his feelings. "He tells you what he thinks without a lot of fake smiles and it comes across as an actor too. It comes across in a vehicle like The Sitter as real funny."

Having made big-screen comedies like Pineapple Express and this year's Your Highness, Green knows funny.

But the award-winning filmmaker also knows honesty.

After all, his career in cinema began with acclaimed dramas like All the Real Girls.

It's an interesting career twist for the director now behind this Friday's release about a terrible babysitter who takes his charges out on a wild night involving drugs, bar fights and exploding toilets.

"I had exercised at the level of exhaustion a lot of my personal emotion in my movies so it got really heartbreaking because no one would go see them," said Green of his move into more mainstream comedy.

"I was just kind of looking at my career thinking I'm making stuff for myself and I'd like the experience of making stuff that people would go see," he said.

In fact, disappointing returns on Your Highness almost drove Green back to serious cinema.

That is, until the subversive script for The Sitter showed up.

"When I read The Sitter, I thought it had a lot of great honesty and dimension to a comedy and could bridge two interests of mine," said Green.

"It was also the first movie anyone asked me if I wanted to make. I'd never heard those words before."

Jonah Lite

The Sitter marks Jonah Hill's last film before he dramatically dropped over 30 pounds of weight.

- "It's right toward the end of this movie that he started dieting and getting healthy," said Green. "It certainly became a really tremendous step for him to take and it's been cool to be a part of that transition."
- And Green has something to say to cynics who claim the weight loss will impact Hill's career. "It sucks that people don't give you the benefit of the doubt at first but its just something professionally – you're in the spotlight, you have to prove it to everybody."

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

The Help
Genre: Drama
Director: Tate Taylor
Stars: Emma Stone, Viola Davis, Octavia Spencer

Oscar-worthy performances by Viola Davis and Octavia Spencer elevate this 1960s-set Deep South drama above any accusations of medicinal moviemaking.

They play Mississippi maids Aibileen and Minny, who clean the homes and raise the children of their white employers, yet who aren't considered part of the household — the black help isn't even allowed the basic human courtesy of using an indoor toilet.

Based on the Kathryn Stockett's bestselling 2009 novel, Tate Taylor's movie explodes the bogus concept of "polite racism," in which ladies in white gloves pretend to somehow be different from Jim Crow rednecks in their treatment of minorities.

Emma Stone's rebellious Skeeter is the notable exception, defying the status quo with a tell-all book she's writing that gives the maid's view of oppression. When Aibileen and Minny speak, the film becomes alive and the '60s suddenly seem a lot less progressive than they were deemed to be. It was a long and painful road from the outhouse to the White House.

Extras include deleted scenes and making-of featurettes.

PETER HOWELL

2 scene

Scene in brief

The Material Girl will be taking the stage on football's biggest night. Madonna, who has sold more than 300 million records, will perform at halftime of the Super Bowl in Indianapolis. The NFL and NBC announced Sunday during the Detroit-New Orleans game that the Grammy Award-winning singer will highlight the show at Lucas Oil Stadium on Feb. 5. The show is the most-watched musical event of the year, with more than 162 million in the U.S. tuning in to see The Black Eyed Peas' performance with Slash and Usher in Dallas at halftime of Green Bay's Super Bowl win over Pittsburgh last February.

THE ASSOCIATED PRESS

The Band Perry reflects on amazing year as they return to youth-themed American Country Awards

Housewives more gloom than glamour?

Report alleges Beverly Hills Housewife Kim Richards enters rehab

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

I always thought the "point" of the Real Housewives franchise was to show us, the common people, how glamorous and lovely it is being stinking rich.

But The Real Housewives of Beverly Hills just makes me grateful for my overdrawn MasterCard.

As you may remember, four months ago, cast member Taylor Armstrong's husband killed himself, reportedly over financial problems.

ALL PHOTOS GETTY IMAGES

▶ Kim Richards

Now, Entertainment Tonight is reporting that cast member Kim Richards is in rehab. In previous episodes of the show, Richards admitted to taking anti-anxiety and anti-depressant medications, as well as an anti-seizure medication that can be used to treat alcoholism (meaning: Richards isn't a person who just has one too many glasses of wine at dinner; she's probably hiding hooch around the house).

It's sad. Everything about this show is sad. And maybe everyone on this show would be happier and healthier if they stopped trying to impress the Joneses and downgraded their materialistic lives into something a little more manageable and normal. Sometimes you just have to blow dry your own hair and vacuum your own floors, you know?

Beyoncé has got plenty of protection

Beyoncé isn't bothered by rumours that have circulated since she announced her pregnancy — including talk that she's been wearing a fake pregnancy stomach while a surrogate secretly carries her child.

Beyoncé

"You know, there are certain things that are so far, it doesn't even affect me," she tells Katie Couric in an interview.

"I'm cool. It doesn't bother me." However, the same can't be said for her family.

"My mom is like, 'Nobody's talking about my grandbaby! My grandbaby's not even here yet!'" Beyoncé says. "I was like 'Calm down, mom! It's OK!' My mom and sister are so protective."

METRO

SUSAN BOYLE
Someone To Watch Over Me
SUSAN BOYLE
give the gift of music
10 Classic Songs Including
Unchained Melody, Enjoy The Silence,
Mad World & You Have To Be There
(written by BENNY ANDERSSON and
BJORN ULVAEUS of Abba)
www.susanboylemusic.com

Dig your own grave by shovelling snow

Study shows once again danger associated with clearing the drive

CELIA MILNE
LIFE@METRONEWS.CA

Shovelling: It's not for the faint of heart.

When the next snow storm hits, think twice about grabbing that shovel to clear the walk.

Especially if you are male, inactive, have a weak heart, and smoke.

In a recent study, researchers at Queen's University in Kingston, Ont., looked back over the medical records of 500 people with heart problems who arrived in the winter-time at Kingston General Hospital (KGH) Emergency room.

The team found that 35 (seven per cent) of these patients had noticed their first symptoms while shovelling snow. It may not sound like a huge percentage, but in medicine it is very significant, says Dr. Adrian Baranchuk, associate professor of medicine at Queen's University and a cardiologist at KGH, lead author of the study.

He guesses there are plenty more people who didn't mention they were shovelling snow when their symptoms started. Of the 35 who developed problems while shovelling, 31 were male.

"The group at highest risk is men with family history of heart attacks or cardiovascular disease," says Baranchuk.

"You're also in the highest-risk group if you have coronary artery disease and you smoke." If you're a woman and you have no family history of coronary artery disease, you are at low risk, he adds.

An earlier Harvard University newsletter describes how problems develop. Sudden physical exertion, such as shovelling, can put a big strain on the heart and make blood more likely to clot.

When a clot forms inside a coronary artery, it can block blood flow to part of the heart.

Deprived of their supply of oxygen and nutrients, heart muscle cells begin to shut down, and then die. This is a heart attack.

ISTOCK PHOTOS

▶ Have you checked the risks? The season, it may be time to invest in that snowblower.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The checklist that can save your life We've all heard medical horror stories: the Ontario doctor who operated on a patient for a blood clot, drilling a nickel-sized hole into the right side of the patient's skull — yet the clot was on the left side.

Then there are the stories about medical staff leaving surgical gauze and other items inside patients.

As writer Camilla Cornell found out for her story in the December issue of Best Health, out of the estimated two million surgeries performed in Canada each year, there are complications in 11 per cent of those, resulting in pneumonia, stroke and kidney failure, among others.

But a potent new tool has recently emerged in the fight to keep a lid on surgical complications.

It isn't an innovative new drug or an expensive piece of equipment.

It's a simple, low-cost procedure developed by the World Health Organization, and it's surprisingly effective.

The Surgical Safety Checklist requires everyone on the surgical team to double-check 19 different items before and after surgery; examples include whether antibiotics have been administered at the correct time prior to surgery (important in preventing infection) and whether the area for surgery has been marked on the patient's body.

Seems pretty logical that these steps would be taken without a list, but according to one of our medical sources, including the steps on a checklist is important because the complexity of medical care today increases the potential for human error.

And the checklist seems effective.

In hospitals around the world that use it, one study found that complications from surgery dropped by about one third, and the in-hospital death rate dropped by an astounding 40 per cent.

The Surgical Safety Checklist became a required operational practice in Canada this year, but that doesn't mean all hospitals and all doctors are actually using it, according to our Best Health sources.

To get advice for what you can do if you or someone you love is getting surgery soon, check out the December issue of Best Health on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/METRONEWS

3 life

A new study shows

Yaeba teeth: Cute or...?

Gap teeth are so last year; cosmetic dentists in Japan are now being flooded with requests for crooked teeth. Move over Lara Stone and let Kirsten Dunst take centre stage. Why did we bother spending our teenage years with metal braces digging into our gums if crooked was cool all along? Maybe because resembling a five year old is just a little creepy.

METRO WORLD NEWS

Sleep pattern consistency key to conquering Sunday night insomnia

THE CANADIAN PRESS H/O

Blueberry Mascarpone Semifreddo

Preparation:

1. Cut vanilla bean in half; scrape out seeds. In saucepan, heat milk and vanilla seeds over medium heat until steaming.
2. In heatproof bowl, whisk egg yolks and sugar until creamy. Pour milk into egg mix, whisking until thickened. Let cool. In blender, purée 250 ml (1 cup) of the wild blueberries; set aside.
3. Using electric mixer, beat mascarpone until creamy and smooth. Beat in egg mix until combined and lightened. Fold in blueberry puree, remaining blueberries and chocolate. Pour into a small loaf pan lined with plastic wrap and freeze for 4 hours or until firm.
4. Turn loaf onto serving platter and remove plastic wrap. Cut in 2.5-cm (1-inch) slices and garnish with mint, pistachios, blueberries,

THE CANADIAN PRESS/WILD BLUEBERRY ASSOCIATION

Ingredients:

- 1 vanilla bean
- 125 ml (1/2 cup) milk
- 3 egg yolks
- 75 ml (5 tbsp) granulated sugar
- 625 ml (2 1/2 cups) frozen blueberries
- 250 ml (1 cup) mascarpone
- 30 g (1 oz) bittersweet chocolate, chopped
- 10 ml (2 tsp) chopped shelled pistachios, frozen wild blueberries, mint leaves for garnish

Discover comfort in a bowl

Pho No. 1 serves up an array of soup choices as well as stir-fries and more

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

I'm convinced nothing warms you up like a meal in the form of soup. Pho is quite possibly the best and cheapest meal to heat you up from the inside now that winter is knocking on our door.

Pho No. 1 is a small restaurant serving Vietnamese and Chinese cuisine. Plenty of stir-fries, noodles and other dishes are on offer, but Pho No. 1 certainly seems like a confident name so I opt for the pho with duck, rice and egg noodles ($6.99).

Nice meaty pieces of duck with crisp skin and, for the indecisive noodle-lover, both rice and egg noodles sit in a comforting broth.

If you want to try something different and sweet off the menu, opt for the mixed red and green bean with jelly in coconut milk with crushed ice ($2.99). Don't be turned off by the beans – it's a sweet slushie drink.

A constant stream of costumers proves that this place is certainly No. 1 to many people.

Pho No. 1
81 Isabel St.
943-7449
Reservations: Yes
Social lunch: Yes
Quick solo lunch: Yes
Co-worker lunch: Yes
Price range: $2.99 - $35.99
Rating: 3.5 out of 5

PAY CHEN

▶ Pho with duck

New heights for sweet potato soup

With the added tangy goodness of yogurt and a little zing of lime juice and zest, this soup is a hearty hit

Preparation:

1. In a large pot, melt butter over medium heat. Add garlic, onion and chili powder; sauté for about 5 minutes until soft. Add broth and sweet potatoes; bring to a boil. Reduce heat and simmer until potatoes are soft about 20 minutes.
2. Transfer to a blender or food processor in batches or use an immersion blender in the pot, purée until very smooth, adding some of the milk if necessary to thin. Return soup to pot, if necessary. Stir in milk and salt. Heat over medium heat, stirring until steaming, but do not let boil.
3. In a small bowl, whisk cornstarch into 125 ml (1/2 cup) of the yogurt. Stir into soup; heat, stirring, for 1 minute. Stir in salt and season to taste with pepper. Stir lime zest and juice into remaining yogurt. Ladle soup into warmed bowls; dollop lime yogurt on top of each serving.

THE CANADIAN PRESSS/DAIRY FARMERS OF CANADA

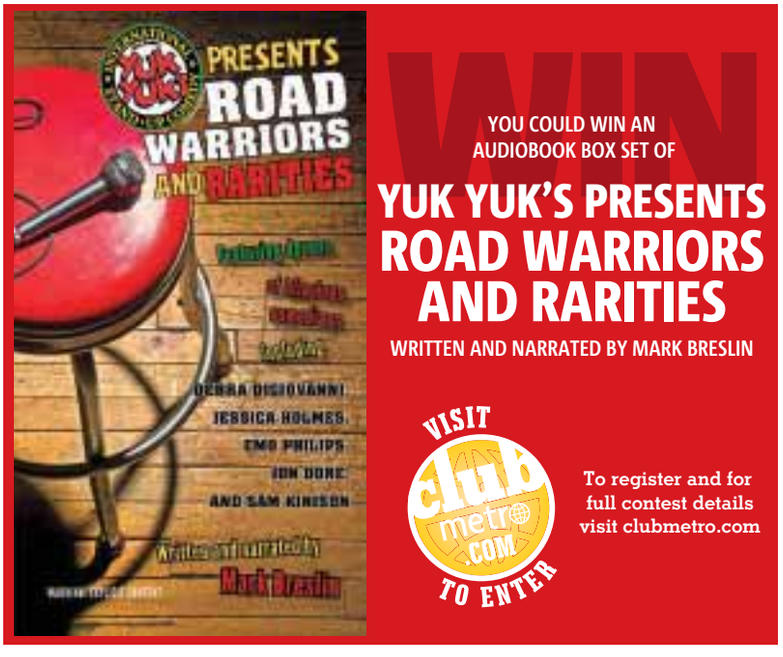
THE CANADIAN PRESS H/O

Sweet Potato Soup

▶ This recipe serves four to six people.

Ingredients:

- 30 ml (2 tbsp) butter
- 2 cloves garlic, minced
- 1 medium onion, chopped
- 7 ml (1 1/2 tsp) chili powder
- 750 ml (3 cups) reduced-sodium vegetable or chicken broth
- 1.25 l (5 cups) cubed peeled sweet potatoes (about 2 large)
- 375 ml (1 1/2 cups) milk
- 7 ml (1 1/2 tsp) cornstarch
- 175 ml (3/4 cup) plain yogurt (not fat-free)
- 1 ml (1/4 tsp) salt
- Pepper
- 5 ml (1 tsp) grated lime zest
- 30 ml (2 tbsp) freshly squeezed lime or lemon juice



WIN
YOU COULD WIN AN AUDIOBOOK BOX SET OF
YUK YUK'S PRESENTS ROAD WARRIORS AND RARITIES
WRITTEN AND NARRATED BY MARK BRESLIN
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com

Re-gift it...you know you want to

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

In the past, re-gifting was socially shunned. But these days it's very common because re-gifting saves money and reduces waste.

Throw that Billy Blanks Tae Bo DVD in a used gift bag and give it to your second aunt who's trying to shave off a few pounds and get fit.

According to couponcabin.com, four out of 10 North Americans have re-gifted presents.

The most commonly re-gifted items are gift cards, duplicate items, and unwanted products.

If you're going to re-gift a present, there are parameters you should follow.

Remove your name from any tags or cards and don't give it back to the same person who gifted it to you.

Refrain from re-gifting personal hygiene products like nail clippers or razors.

Ensure the present is in its original wrapping and don't recirculate something that has been blatantly used.

Try to avoid re-gifting something super sentimental, especially if it's from someone close to you that could find out.

Re-gifting is typically a result of the gift-giver trying to stretch an already limited budget.

If your list of people to buy for keeps growing, coworkers, neighbours, teachers, stop!

Don't bother buying junk for people. This is exactly how and why people go into debt over the holidays which sets them back financially for months.

Instead, write a personalized card or host a volunteer day at the food bank. Why not barter or trade for gifts?

Sell unwanted household items on Kijiji to generate some guilt-free holiday cash.

If you feel truly obliged to buy something, keep it small; less than $10.

Make a small donation on behalf of the person you have to buy for. This is a meaningful and inexpensive way to show your generosity while spreading the holiday spirit.

"Don't bother buying junk for people. This is exactly how and why people go into debt over the holidays, which sets them back financially for months."

Or bake treats or make ornaments that everyone can enjoy!

Re-gifting within certain parameters is a resourceful way to keep your budget in check.

ISTOCK

▶ There are rules involved to giving presents a second life. Namely, don't re-gift something that leads to this sort of face.

FORGOT TO SEND BIRTHDAY WISHES?

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

What is the correct etiquette to acknowledge an important birthday you've forgotten while you are away and travelling?

Interestingly, today I'm in Amsterdam on business and it happens to be my dear friend Wendy's birthday. In a perfect world this problem is really easy to deal with, as you send a card and/or a present ahead of time to the person, perhaps with a warning on the outside of the envelope not to be opened before the birthday date. Now let's leave the perfect world and go back to reality.

I've been more than once travelling and halfway around the world and realized it's Wendy's, Aunt Mary's or my best friend John's birthday today and I forgot. So what to do?

1. First, ideally call or email the person right away to acknowledge and apologise for your error. Acknowledging your error is more important than anything at that moment in time.

2. Consider bringing something back from where you are in the world.

3. Remember, if you make a promise (to take them out for dinner upon your return) this needs to be a priority as soon as you're home!

4. Lastly, just be honest. We all live very busy lives and being able to acknowledge your error and following through is the right and best thing to do!

ISTOCK

▶ If you forgot someone's birthday, the best thing to do is just own up to your mistake.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

MORE... Dates, Relationships, Possibilities
CALL NOW! 204-987-2222
Toll Free: 1-866-348-5282
FREE* TRIAL
lavalifevoice.com
COLLECT CALL BILLING! 1-866-607-5282 | 1-900 BILLING! 1-900-528-2543
Dial #CLICK (#25425) 79¢/min Bell, Rogers™, Fido | 99 ¢/min Virgin Mobile
lavalife VOICE
18+ *Restrictions may apply

Weight Bias in the Workplace

Imagine having your skills overlooked because you are overweight. Weight bias in employment situations happens more often than you think.

Obesity in the workplace costs companies an alarming amount of money. That's a fact. One estimate puts the costs associated with employing obese people at $285,000 per year for a company with 1,000 employees. As a nation, obesity is costing Canada roughly $4.3 billion dollars in healthcare expenses according to the most recent 2001 survey. South of the border obesity is costing American companies $45 billion each year in medical coverage and employee absenteeism. Obesity as a health and productivity issue costs companies more than tobacco use or alcoholism.

Given this context, men and women who suffer from being overweight or obese often face the additional struggle of social stigma and bias in the workplace. Obese adults are often confronted with negative prejudices and stereotypes when applying for a new position. Or, they experience the "glass ceiling" effect when trying to advance within a company.

When it came to job advancement, 15% of human resource personnel said they would be less likely to promote an obese employee even if they had the skills and knowledge that would make them successful in the position. Shockingly, 11% of those surveyed felt it was appropriate to terminate an employee strictly because of their excess body weight.

Despite these negative results, the researchers found that no action was being taken to correct the unfair treatment of overweight employees. Contrary to the popular belief that social pressure will motivate overweight people to "shape up", research has shown that 79% of overweight people react by refusing to diet in an attempt to affirm that the bias is undeserved. Rather than inspiring weight loss, weight bias in the workplace has a detrimental effect on the overweight employee.

Ideally, employers would show genuine concern for the health of their overweight employees by creating healthier work environments that support a healthy lifestyle. Instead of adding the stress and disappointment of being treated unfairly at work, co-workers and management staff should be sensitive and supportive of colleagues who have a weight issue.

Many companies have found that covering the cost of permanent solutions like weight loss surgery is more cost-effective than paying for disability insurance or on-going prescription weight loss medications that may result in more sick days due to side effects. Addressing obesity in the workplace with effective long-term solutions like gastric banding surgery can also lower the cost of worker's compensations for injuries or accidents that occur at the office.

For more information
or to book a free consultation
call Slimband at
1-800-700-7373

Slimband wants to give you the gift of health!

For the last 10 years, Slimband® has helped over 6,000 men and women discover a permanent solution to their weight problems, opening the door to a healthier, happier life, and this season we'd like to do the same for you!

Unlike a diet, the Slimband® program doesn't require you to actively manage your weight loss. No counting calories. No watching what you eat. No more worries about *"cheating".*

Aren't you just about ready to consider something that works?

Call us at **1.800.700.7373** or visit us online at **www.Slimband.com** to schedule a free consultation and to receive your $1,000 voucher towards your Slimband® procedure.**

Start weight 275 lbs
Now weighs 130 lbs
*Results may vary.

Slimband® Gets Results!
The Slimband® is a fully reversible 20-minute procedure that's clinically proven* as an effective way to lose weight and keep it off for good.

Chelsea C. - St. John, NB
Actual Slimband® Patient

Our **Gift** to You
Get a $1,000 voucher towards your Slimband.**

Slimband®

*Gastric banding results in an average of 58% excess weight loss within the first three years and patients continue to maintain their weight loss even up to seven years later. (Niville E et al. A mid-term Experience with the Cousin Biorin - Adjustable Gastric Band. Obes Surg 2011; May 5. [EPub])
**Terms and Conditions apply to all offers. Contact Slimband clinic for details. Offer ends: 31/12/2011

The bear necessities

Do Jets have what it takes to beat the Bruins? Tonight's game promises to be a big test

ELSA/GETTY IMAGES

▶ Since the start of November, the Bruins have gone 14-0-1.

Claude Noel knows his Winnipeg Jets will have a hard time making it three back-to-back wins when they meet the Boston Bruins tonight.

The Jets have been hot at home lately but the Stanley Cup champ Bruins have simply burned up the opposition, and Noel isn't looking for much of an edge from the fact the Bruins played the conference-leading Pittsburgh Penguins last night.

"It helps you maybe ... (but) teams like that know how to play back-to-back nights," the head coach said after practice yesterday.

It's been 15 games since the Bruins suffered a loss in regulation and they won 10 straight to start November. After beating Pittsburgh 3-1 last night, their only loss since Oct. 29 was the 4-3 shootout they dropped to Detroit Nov. 25.

"They've got a lot of depth, they can close out games in a lot of different ways, they can hurt you with a lot of different people," Noel said.

Confidence, depth and a great checking game are what the Jets have to deal with if they want another win, he said.

When they last met Nov. 26, Winnipeg jumped into an early 2-0 lead only to see the game turn into a 4-2 loss.

"We didn't play well in the second period is what happened. We got into penalty problems, they scored goals and they showed why they're on this roll," the coach said. "They just keep playing the same way and eventually they catch up with you ...

"We're a little bit more mature now, (it's a) little later and we're playing a little better, so we'll see how it goes."

One of the youngest teams in the NHL, the Jets displayed lots of speed and energy but perhaps not as much focus and discipline at the start of the season.

There have been signs that is changing, particularly when it comes to penalties like the two minutes Alexander Burmistrov took in their loss to Boston for boarding Bruins captain Zdeno Chara.

"If we can play a little more consistently throughout the entire game, we can give ourselves a chance to win."
EVANDER KANE, JETS FORWARD

It may have been gutsy — a six-one, 180-pound newcomer taking on a six-nine, 255-pound veteran — but getting a penalty for it wasn't smart, said Noel. It also created a brief five-on-three although it didn't end up costing Winnipeg anything.

"It wasn't that intelligent a play ... If you want to hit him, hit him clean," Noel said.

His players say they know what they have to do.

Blake Wheeler is part of the Jets' most productive line lately with Evander Kane and Brian Little and he also spent a few seasons playing with Boston.

"As long as we come into this game knowing it's going to be probably our toughest test yet then that's a good start and if we play them tough, in this league anything can happen," he said.

Being at home is an advantage, agrees defenceman Zach Bogosian.

"We've just got to make sure we're playing our style of hockey and getting the crowd into it right away," he says.

THE CANADIAN PRESS

NHL OKs dramatic conference realignment

NHL officials approved a radical realignment plan yesterday that will give the league four conferences instead of six divisions and guarantee home-and-home series among all teams.

The board of governors authorized commissioner Gary Bettman to implement the proposal pending input with the NHLPA. It could be put in place as early as next season.

The league considered two plans to accommodate Atlanta's move to Winnipeg this past summer. The first would have simply moved the Jets to the Central Division and either Detroit or Columbus to the Southeast.

"The simple one wasn't as simple as it looked when you got done with it," Bettman said.

The board opted to go with creating four geographic conferences.

The new format will increase overall travel in the regular season, especially for Eastern teams who will now have more trips West. But it cuts down on travel for some Western Conference teams.

"This is not a subject that everybody is going to get their first choice on."
GARY BETTMAN

"What you try to do is come up with something that everybody can live with, get comfortable with and understands the value of. Because if you ask 30 clubs, you'd probably get 30 different solutions," Bettman said.

The new look has two conferences with seven teams all based in the Eastern time zone: New Jersey, Philadelphia, Pittsburgh, New York Islanders, New York Rangers, Washington and Carolina in one and Boston, Montreal, Toronto, Ottawa, Buffalo, Florida and Tampa Bay in the other.

The third conference consists of eight teams in the Eastern and Central time zones: Detroit, Columbus, Nashville, St. Louis, Chicago, Minnesota, Dallas and Winnipeg. The fourth conference has eight teams in the Mountain and Pacific time zones: Los Angeles, Anaheim, Phoenix, San Jose, Vancouver, Calgary, Edmonton, Colorado.

THE ASSOCIATED PRESS

4 sports

Jets preview

Boston at Winnipeg
7:30 p.m.
TV: TSN-Jets

Winnipeg (11-11-4) welcomes the Bruins (17-7-1), who beat Pittsburgh 3-1 last night. Boston is the hottest team in the NHL, going 14-0-1 since the start of November. Brad Marchand has seven goals and eight assists in those 14 games after posting only four points in October. David Krejci had six points in his last three games before last night and signed a three-year contract extension with the Bruins last Thursday.

THE CANADIAN PRESS

Scan code for more sports.

Jostling to face the juggernauts

Handful of squads in AFC and NFC undeniably legit ◐ Most of others seem destined to become playoff fodder

As the regular season begins to wind down, the NFL has its share of thoroughbreds. And its share of pretenders.

With three weeks remaining, the Packers, 49ers and Saints have separated themselves in the NFC, and perhaps in the entire league. Green Bay and San Francisco already have secured division titles, and New Orleans is almost there.

The elite of the AFC, while not quite so accomplished, are the Ravens, Steelers, Patriots and Texans.

In the middle is a muddle: all kinds of teams with all kinds of strengths — and weaknesses.

Nine teams sit at 7-5, and one (Giants) at 6-6. All are in the mix to either win their division or grab a wild-card spot.

Most, if not all of them, are not legitimate championship contenders, no matter how bravely they might talk.

Such as what Giants defensive end Justin Tuck said after a 38-35 loss to Green Bay that was New York's fourth straight.

"Hopefully, something wakes us back up and lets us understand that we still have a great shot of getting to where we want to get if we come out with that intensity and come out with that passion and play like that every game, we aren't going to lose a lot of games," Tuck said.

Other teams really have a shot at making the post-season and doing some damage there.

The Packers seem headed for an undefeated regular season — if they decide to chase it.

Aaron Rodgers is in the midst of one of the greatest years for any NFL player, quarterback or otherwise. The offence is so dynamic the Packers can outscore the mistakes of their gambling defence, which makes a bunch of them.

Two years ago, it was New Orleans leading the charmed life. Drew Brees has an even deeper, more dangerous receiving corps and backfield than in 2009, and while the Saints also have issues on defence, they too can outscore them.

Having clinched their first playoff berth since 2002, the 49ers have the kind of rugged, versatile defence that gives any team a chance.

"It's not a Hollywood team," coach Jim Harbaugh said. "It's a blue-collar team."

Four AFC teams are 9-3 and, barring collapses, are headed to the post-season. New England, Baltimore and Pittsburgh are the perennials, Houston the newcomer.

THE ASSOCIATED PRESS

The pretenders

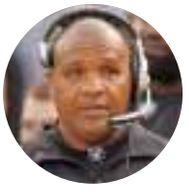
These teams may look respectable based on their spots in the standings, but they have little chance to do damage once the playoff pressure ratchets up.

Cowboys
Dallas can be dangerous in the NFC East, and also can be a flop.

Bengals
Cincinnati can't beat any of the good teams left on its schedule.

Bears
Chicago is down to a backup quarterback, and Matt Forte is hurt.

Broncos
It's difficult to see the Broncos riding deep into the playoffs.



Raiders
Oakland has huge issues on defence and with penalties.

Lay's
HOMETOWN HERO

Everybody knows a hometown hero, but not everybody knows how to score Winnipeg Jets tickets.

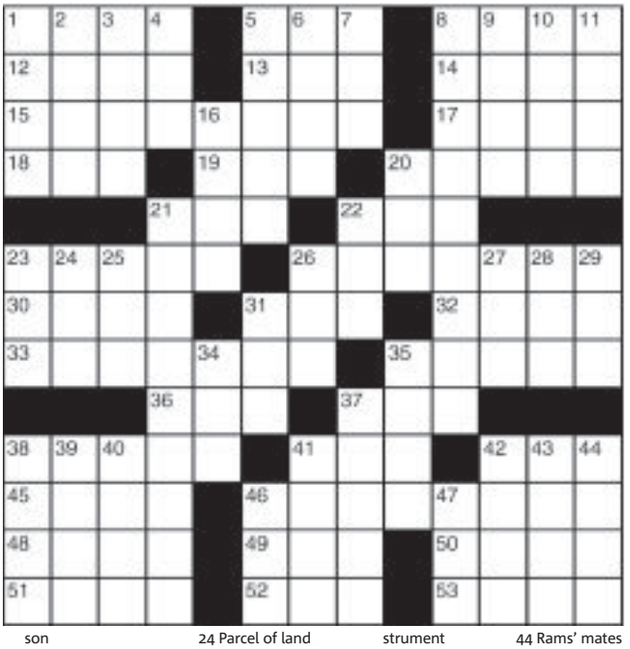
Tell us about your hometown hero and they could get tickets to a Winnipeg Jets home game.

lays.ca/hometownhero

For details, visit
lays.ca/hometownhero

Winnipeg Jets name and primary logo are trademarks of the NHL team. © Winnipeg Jets 2011. All Rights Reserved.
* Trademark used under licence by Frito Lay Canada.

Crossword



Across

1 Weak, as an excuse
5 Thickness
8 Amble
12 Wicked
13 Tall tale
14 Press
15 "The Glass Menagerie" playwright
17 Building block name
18 Old insecticide
19 Conk out
20 Explosion
21 Moist
22 Luau bowlful
23 Lisa Marie's dad
26 Former
30 Work hard
31 Small barrel
32 Stare
33 Pursued obsessively
35 Knee counterpart
36 Salary
37 Dinner for Dobbin
38 "Hammerin' Hank" son
41 Neither mate
42 That woman
45 Huff and puff
46 Sudden violent wind
48 Facility
49 High card
50 Flame
51 Rip
52 Firmament
53 Rock band's accessories

Down

1 Lascivious
2 Eager, plus
3 Vibraphonist Jackson
4 Right angle
5 Braid
6 Citrus fruit
7 "Certainly"
8 As a volunteer would
9 Vicinity
10 Yule fuel
11 Entanglement
16 Mid-month date
20 Greet the villain
21 Energetic determination
22 Boxer
23 Type squares
24 Parcel of land
25 By way of
26 Proof letters
27 Apply lightly
28 Kind of dye
29 Kitten's remark
31 Crucial
34 Neb. neighbor
35 British noble
37 Like Swiss cheese
38 Help a hood
39 Wings
40 Parks or Bonheur
41 Shaving mishap
42 Take to the pool
43 Angel's instrument
44 Rams' mates
46 Existed
47 "— picture paints a thousand words ..."

▶ Yesterday's answer

Sudoku

		2					4	8
	7	8		5	2			
1			9					
3		7	6		9			
	5						3	
			1		5	6		7
					4			3
			7	9		2	1	
6	8					5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	3	1	5	4	9	6	8	7
4	5	7	8	3	6	2	9	1
6	8	9	1	2	7	3	5	4
9	6	4	7	8	2	5	1	3
8	1	3	9	6	5	4	7	2
5	7	2	4	1	3	9	6	8
3	9	8	6	7	4	1	2	5
1	2	6	3	5	8	7	4	9
7	4	5	2	9	1	8	3	6

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Gerard
Round-faced boy from Gerard, we have a perfectly matching eating schedule. Every time I go to eat, there you are. Not that I'm creepy or anything. Anyway, it sure is cool when we make eye contact, isn't it? You're really cute and have nice hair, and you should know you can always sit by me. :)
FROM BABY J

Thoughts of you You wanna be with? Come with? Here with? Me! Me! Me! Like your loyalty equally! Wink!Wink! Sha-wink! Tickle, giggle, wiggle, squiggly! ;)
FROM LINGERING MEMORIES

CKG
You truly are one of the most beautiful people I've met. Not just on the outside, but in your heart! This Tuesday is our last class together, but I know that it is not the end =)
FROM CCB

A look at the weather

BT BREAKFAST TELEVISION

TODAY	WEDNESDAY	THURSDAY
Min -18°	Min -18°	Min -19°
Max -3°	Max -7°	Max -12°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 A.M.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries March 21-April 20** Make sure you act logically and have a rational reason for everything you do.

♉ **Taurus April 21-May 21** By all means go off by yourself today and let the rest of the world take care of itself.

♊ **Gemini May 22-June 21** You will see and understand things today that others have overlooked.

♋ **Cancer June 22-July 22** You will see or hear something to your advantage today.

♌ **Leo July 23-Aug.23** You will be in a questioning frame of mind today.

♍ **Virgo Aug. 24- Sept. 22** Don't give up on something just because it is boring or does not seem to be working out the way you had hoped.

♎ **Libra Sept. 23-Oct. 23** If you stick your nose in someone else's business today you will regret it.

♏ **Scorpio Oct. 24-Nov. 22** Find ways to persuade those you live and work with to shoulder more of the everyday burden.

♐ **Sagittarius Nov. 23-Dec. 21** You set such high standards that there are bound to be times when you cannot live up to them.

♑ **Capricorn Dec. 22-Jan. 20** Information that comes your way over the next 24 hours will cause you to doubt what you were previously told by friends or work colleagues.

♒ **Aquarius Jan. 21-Feb. 18** You need to get your message across and the best way to do that is to be forceful without being aggressive.

♓ **Pisces Feb. 19-March 20.** Financially and professionally you'll go far today, but don't go too far and promise things you may not be able to deliver. **SALLY BROMPTON**

FABRIZIO GIOVANNOZZI/THE ASSOCIATED PRESS

Caption contest

WIN!

You write it!

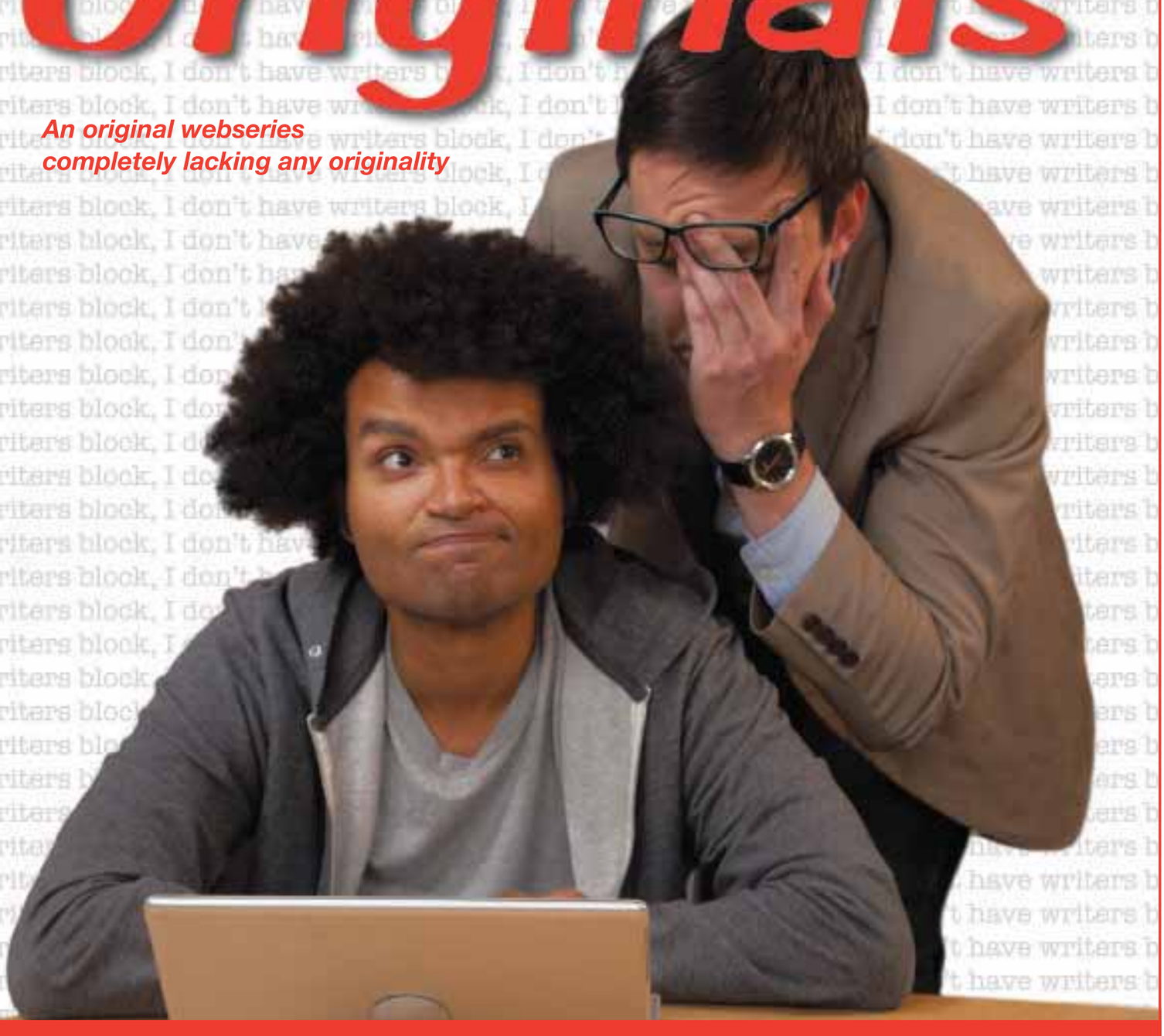
Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Your Downtown Location for Everything Sports
A Full Selection of Jerseys, Apparel, Headwear & Collectibles
Uptown SPORTS CARDS AND COLLECTIBLES
Portage Place / Bay Skywalk
1 Block West of MTS Centre
885-3377
Serving Winnipeg Since 2003
Check out our game day specials!

From a writer of "The Office"...

Originals

An original webseries completely lacking any originality



In today's episode... "What's the Deal?"

After the debacle that was their first attempt at shooting a pilot for their sitcom, Jason and Bryce get back on the horse again and Jason has a wardrobe malfunction almost as embarrassing as a certain half-time show.

New episodes post every Tuesday and Thursday. Watch at www.facebook.com/OriginalsTheSeries